

Listopad 2024

# MLA- DOST. DOBRO



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AGENCY FOR  
MOBILITY AND  
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CENTARZAMLADEkzz

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When I go into the garden, there she is.

The specter holds up her arms to show  
that her hands are eaten off.

She is silent because of the agony.  
There is blood on her face.  
I can see she has done this to  
herself.

So she would not feel the other  
pain.

And it is true, she does not feel it.  
She does not even see me.  
It is not she anymore, but the pain  
itself  
that moves her.

I look and think  
how to forget. How can I live while  
she  
stands there? And if I take her life  
what will that make of me? I cannot  
touch her, make her conscious.

It would hurt her too much.  
I hear the sound all through the air  
that was her eating, but it is on its  
own now,  
completely separate from her. I  
think  
I am supposed to look. I am not  
supposed  
to turn away. I am supposed to see  
each detail  
and all expression gone.

My God, I think,  
if paradise is to be here  
it will have to include her.

Linda Gregg — There she is



# Što čita Hollywood?

Iako je čitanje nekima definicija noćne more, drugi uživaju u prilici da zarone u neki novi svijet. Za sve one koji spadaju u potonju skupinu, a traže inspiraciju za sljedeću knjigu, u nastavku se nalazi popis omiljenih knjiga poznatih svjetskih glumaca.



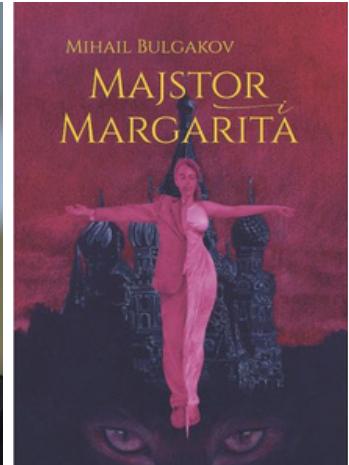
Images by Gage Skidmore / Algoritam

## Daniel Radcliffe: Majstor i Margarita, Mikhail Bulgakov

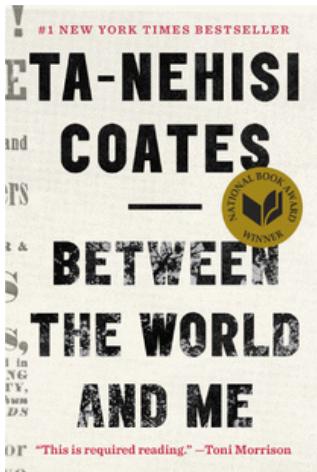
Iako Radcliffe glumi glavnog lika iz književnog serijala J.K. Rowling, njegovo omiljeno djelo nije serijal „Harry Potter“, već roman "Majstor i Margarita" ruskog pisca Mikhaila Bulgakova. U sklopu jednog od najvažnijih romana 20. stoljeća, napisanog u doba bivšeg Sovjetskog saveza, Bulgakov radnju dijeli na dvije razine; u prvom dijelu piše o Sotoninom posjetu Moskvi, a kasnije se radnja seli u Jeruzalem gdje se tematizira osuđivanje Isusa na smrt.

## Rachel McAdams: Kada ste utopljeni u plamenu, David Sedaris

Kada su Rachel McAdams pitali za omiljenu knjigu, izjavila je da je to jedna od rijetkih knjiga koja ju je rasplakala od smijeha. Sedarisova humoristična zbirka eseja „Kada ste utopljeni u plamenu“, objavljena 2008. godine, bavi se apsurdom svakodnevice; od pokušaja kuhanja kave kad je voda isključena do odlaska u Japan isključivo sa svrhom prestanka pušenja.



Images by Gage Skidmore / ALFA



Images by Gage Festival du Cinéma Américain de Deauville / Ta-Nehisi Coates

## Olivia Wilde: Between the World and Me, Ta-Nehisi Coates

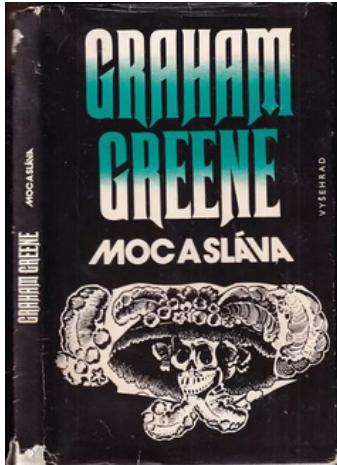
Mnogima poznata i kao „Thirteen“ u sklopu televizijske serije „House“, Olivia Wilde nije samo glumica, već i strastvena čitačica. Od njenih raznih preporuka izdvojen je roman „Between the World and Me“, u kojem autor progovara o američkom društvu, rasizmu i policijskoj brutalnosti. Roman, pisan u obliku pisma sinu, proizašao je iz pera Ta-Nehisi Coatesa, često etiketiranog kao najutjecajnijeg crnog intelektualca generacije.

## Daisy Edgar Jones: Djevojka, žena, drugo, Bernardine Evaristo

Mlada glumica Daisy Edgar Jones, na Instagramu je podijelila svoje divljenje prema knjizi "Djevojka, žena, drugo". Spisateljica Bernardine Evaristo u ovom djelu slijedi svojih dvanaest likova na osobnim putovanjima, pri čemu zadire u teme poput rase, seksualnosti i ženstvenosti. Uslijed čitanja ove knjige, Jones je rekla da je to jedno od najdirljivijih i najiskrenijih djela koje je ikada pročitala.



Images by Patrik L. / PROFIL



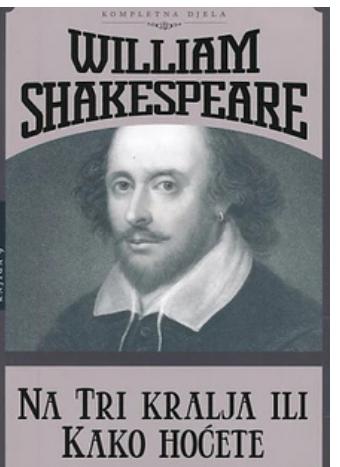
Images by Gage Skidmore / Vyšehrad

## Judi Dench: Na Tri kralja ili kako hoćete, William Shakespeare

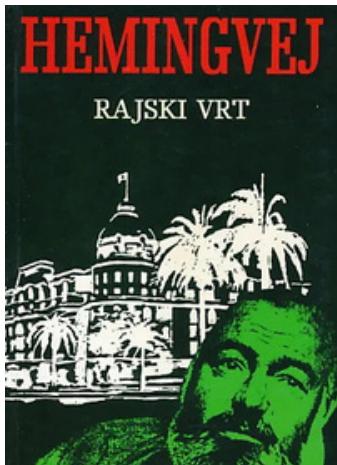
U sklopu intervjuja za književni klub vojvotkinje od Cornwalla, The Reading Room, glumica Judi Dench otkrila je da zna napamet recitirati cijelu Shakespeareovu komediju „Na Tri kralja ili kako hoćete“. Navedeno djelo pripada najizvođenijim i najpopularnijim Shakespeareovim komedijama, a radnja se temelji na ljubavnom trokutu glavne junakinje Viole.

## Colin Firth: Moć i slava, Graham Greene

Glavni lik iz filma „Kraljev govor“, Colin Firth, ujedno je i veliki bibliofil. U svojih top pet knjiga uvrstio je roman pod imenom "Moć i slava" (The Power and the Glory), napisan od strane britanskog pisca Grahama Greenea. Radnja romana odvija se tijekom vjerskih progona u Meksiku, za vrijeme komunističkog režima, pri čemu autor istražuje duhovne, moralne i egzistencijalne dileme jednog svećenika.



Images by Caroline Bonarde Ucci / 24Sata



Images by Gareth Cattermole / Meki

## Leonardo DiCaprio: Rajski vrt, Ernest Hemingway

Zvijezda filma „Titanik“ veliki je fan Hemingwaya, a naročito njegove knjige „Rajski vrt“ u kojoj se radi o bračnom paru, Davidu i Catherine. S obzirom da se radnja odvija u Francuskoj i Španjolskoj, DiCaprio kaže: „Hemingway je jedan od mojih omiljenih pisaca. On nije bio Španjolac, ali je bio zaljubljenik u španjolsku kulturu. Puno stvari koje znam o Španjolskoj naučio sam kroz njegove oči“.

## IZVORI

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Autorica: Ivana Dubroja

Image from Canva







# Eating became a challenge

There is nothing established about nutrition. Or yes, in fact, there may be too much. It is difficult to know what is good or bad with the amount of contradictory messages about food. This is due to the different studies out there, but it's true that in the end, ordinary people don't know whether it's better to eat an apple or a candy. The reality? It's all very relative there are many factors to keep in mind such as possible physical or mental health problems, but the truth is that there are certain things that can be considered when deciding on the best options. Let's take a look at some of the most popular myths and truths that have been told over the years.

As a disclaimer, the information that will be provided here is extracted and contrasted by means of papers, but they are applicable to healthy people, in the case of any illness, whether physical or an eating disorder, the recommendations will be different and should be consulted with a professional.

## Fats are bad and make you gain weight

For years we have been told in all the ways possible that fats are something to avoid, and the reality is that this statement is only half true. It depends on the type of fat because there are healthy fats such as extra virgin olive oil, avocado or nuts, among others, which are necessary for the proper functioning of the endocrine system, especially in women, who need to maintain a body fat percentage between 15 and 25 to stay healthy. Some are better to be avoided, such as palm oil, because of its high saturated fat content. In short, as long as we consume lower-quality fats in moderation, there is no major impact on our health, and of course, we do not restrict our

consumption of essential healthy fats.

## A glass of wine a day is heart-healthy

This is a very dangerous fallacy, alcohol is toxic and under no circumstances is healthy in any way, it contributes to the development of cancers and, of course, heart disease. Moreover, we must not forget that it causes addiction, which also has a negative psychological impact. Does this mean that it is forbidden to have a drink? Of course not, but always bear in mind that there is no safe amount of consumption and that if you don't drink it, it is better for your health.

## Fruits have too much sugar

While it is true that fruit contains sugars, these do not harm health as they are naturally found. One thing that is recommended is to eat whole fruit instead of drinking it in juice, as in this case the sugars are considered simple sugars, which can cause health risks if consumed regularly. Something in between is the smoothie, as it contains pulp, there is a source of fibre that provides satiety and limits the speed of absorption of carbohydrates. However, as with everything else, drinking juice sometimes is not a problem.



Image from Canva

# Carbohydrates, the eternal enemy

Related to the previous topic, this macronutrient is probably, along with fats, one of the most criticized groups throughout the ages. Its main function is to provide us with energy as sugars, starches and dietary fibres, which can be found in different proportions depending on the aliment, and there are many claims about it that are not entirely true.

The first thing to point out is that they are necessary to complete our physiological functions correctly. Glucose, a sugar, plays a very important role in the functioning of our brain and muscles it is fuel. But as with everything else, it depends on the source you choose to provide the sugars. Fruit, vegetables, whole grains and legumes are a very good option because they are a source of fibre. Refined and added sugar is the worst option, but you always have to keep in mind that frequency is key, it is not the same to consume it every day than once in a while, this is also where mental health comes in, restrictions are not good.

Pasta, bread and flour, in general, are also considered bad and fattening, the reality is that they are a very good source of energy, but it is indeed preferable to take them wholegrain or with some added bran because the fibre will provide satiety and will help the intestinal transit. It is also important to bear in mind how these foods are prepared, for example, in the case of potatoes, it is not the same to eat them roasted or fried, and if they are fried, it is important to pay attention to the type of oil used.

In short, carbohydrates are necessary for a balanced diet, both of the highest quality and questionable quality, you just have to have a balance and know what is more or less suitable for you.



# Slimness = Health

For decades it has been inculcated in us, especially women, that 'thinness' is the goal to be achieved and that 'fatness' is to be rejected. The truth is that it is all very relative. Some people may be thin because they have an eating disorder, which is not healthy. After all, in addition to mental problems, it also affects their physical health. A really low level of body fat and not eating enough can affect our hormones, and bring problems like cholesterol, or slow metabolism, between others.



Image from Canva

In conclusion, every person has their context, so we can not judge anybody's health based on how he/she/they looks. It happens the same with the way to eat. For ourselves, we just need to eat and exercise always looking for mental and physical health, and other important things, to enjoy. Balance and self-knowledge overall.

Article by Carmen Sanz

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# Utjecaj alkohola na mlade i obitelj

Svjetska zdravstvena organizacija 1952. godine definirala je alkoholizam na sljedeći način: „Alkoholizam je bolest, a alkoholičar je bolesnik kod koga se zbog prekomjerne i dugotrajne uporabe alkoholnih pića pojavljuje psihička i fizička ovisnost, zdravstveni problemi, obiteljski i društveni poremećaji“ (SZO). Unatoč navedenom i danas nije rijetkost da se na alkoholizam gleda kao na stil života, a ne kao na bolest. Konzumacija alkohola vrlo je raširena. O mogućim uzrocima alkoholizma postoje biološke, psihološke i sociološke teorije. Alkoholizam ostavlja posljedice na svim organskim sustavima. Važno je pravovremeno postaviti dijagnozu i započeti s liječenjem.

Adolescencija je vrijeme burnih psihičkih i fizičkih promjena praćeno jakom nesigurnošću i nestabilnošću te stalnim preispitivanjem vlastitog identiteta. Takvo je ozračje plodno tlo za sklonost raznom eksperimentiranju u ponašanju, pa tako i onom s alkoholom. Iako eksperimentiranje ne vodi nužno u ovisnost, pripravo ili pijano stanje uvijek je izvor potencijalno rizičnog ponašanja. Tako mogu nastati i kobne posljedice poput prometnih nesreća u pijanom stanju, fizičkih obračuna među mladima, te drugi oblici vandalizma.

Problem alkoholizma nije problem samo osobe koja pije, već i njene obitelji i zajednice u cjelini. Procjenjuje se da danas svaka četvrt obitelj ima člana alkoholičara. Obilježja današnjeg vremena, u kojem je pijenje izgubilo odlike nečeg opasnog, zabranjenog i štetnog, a također je i kulturološko uvjetovano, nikako nam ne ide na ruku u prevenciji alkoholizma među mladima. Obrazac pijenja kod mladih razvija se prvenstveno u skupinama vršnjaka. U pozadini eksperimentiranja mladih s alkoholom često je kompleksna obiteljska anamneza - nasilje u obitelji, alkoholizam roditelja. Uz cigarete, alkohol je prvo sredstvo ovisnosti s kojim se mladi susretu, nerijetko u obiteljskom okruženju.

Alkohol mladim osobama bude ponuđen od strane roditelja, rodbine i prijatelja, a dominantno u skupini vršnjaka. Za razliku od odraslih, koji imaju obrazac učestale i prekomjerne konzumacije alkohola, mladi konzumiraju alkohol rjeđe, ali gotovo uvijek s namjerom da se i napiju. Alkohol mladom čovjeku donosi sedaciju, euforično raspoloženje, potiče spontanost, prisnost s vršnjacima, bijeg od realnosti.

U populaciji mladih ne možemo govoriti o ovisnosti, već o zloupotrebi alkohola.

Ovisnost dolazi najčešće tek poslije desetak godina prekomjernog i učestalog pijenja kod mladića, odnosno nakon tri do pet godina učestalog prekomjernog pijenja kod djevojaka. Stavovi prema pijenju formiraju se već u djetinjstvu i ranoj adolescenciji što vrlo često po modelu identifikacije s najbližima. Za adolescente i formiranje stava prema alkoholu najbitniji je čimbenik stav roditelja i obitelji.

Mnoga djeca odrastaju u obiteljima u kojima su jedan ili oba roditelja alkoholičari ili zloupotrebljavaju alkohol. Takve obitelji razvijaju disfunkcionalne obrusce ponašanja, često je prisutno fizičko ili emocionalno zlostavljanje, no i u situacijama kada nema takvog direktnog zlostavljanja, mlada osoba koja odrasta u obitelji alkoholičara trpi značajnu štetu. Odrastanjem u takvoj okolini gdje često ima puno sukoba, nepredvidivosti, nedosljednosti i kaosa, mlada osoba zbog ovih izazova nema prostora da zadovolji svoje emocionalne potrebe što ju dovodi u veći rizik da u odrasloj dobi razvije neki psihički poremećaj ili i sam postane ovisnik, ne samo o alkoholu.

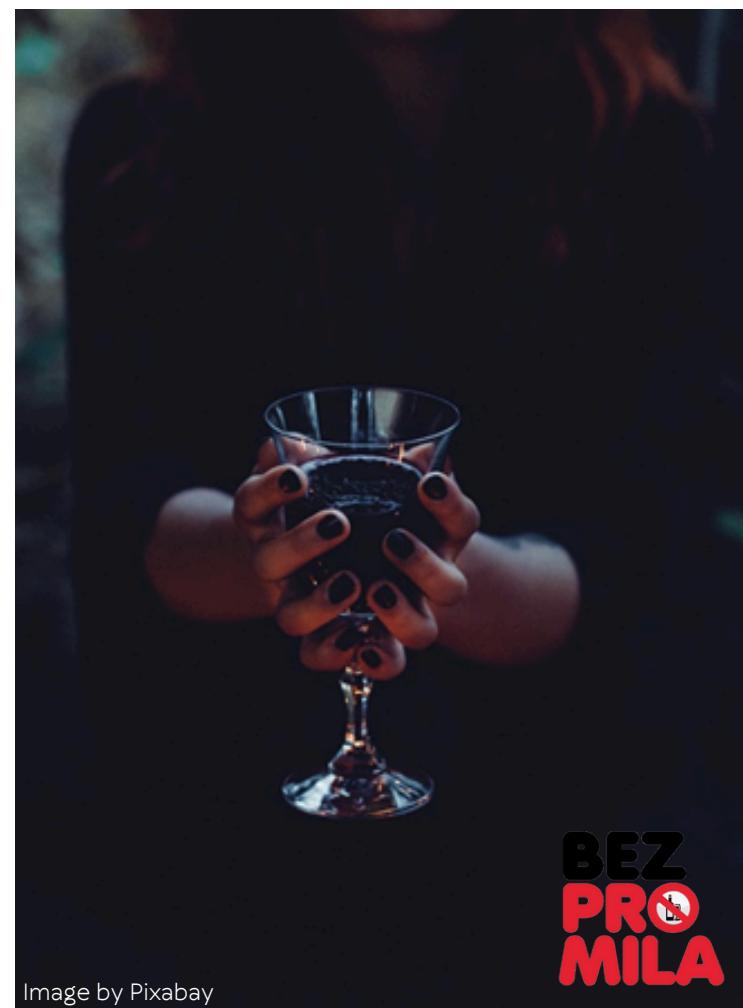


Image by Pixabay



Image by [Lightspring](#)

Zbog narušene obiteljske dinamike, djeca ovisnika nerijetko prerano odrastaju zbog toga što su prisiljena preuzeti druge uloge i odgovornosti neprikladne za svoju dob. Ona npr. često preuzimaju roditeljsku ulogu pa brinu o alkoholiziranom roditelju ili štite roditelja koji ne pije od nasilja, čuvaju mlađu braću i sestre, upućena su u novčane probleme obitelji i slično. Vrlo rano nauče potiskivati vlastite emocije i potrebe, jer iz okoline ne dobivaju podršku za njih što dovodi do razvoja emocionalnih, psiholoških i ponašajnih tegoba, koje se nastavljaju i u odrasloj dobi.

Prevencija alkoholizma među mladim osobama od iznimne je važnosti kako bi se na vrijeme zaustavio negativan trend ispijanja alkohola kao i poimanja alkohola normalnim izvorom zabavnih aktivnosti. Na društvenoj razini svakodnevno se provode brojne preventivne aktivnosti koje su zasnovane isključivo na principu uključivanja svih društvenih struktura te je njihov cilj podizanje svijesti mlađih osoba u vezi s konzumacijom alkohola. Preventiva svakako mora biti usmjerena na cijelokupnu populaciju, s posebnim naglaskom na mlade kod kojih je veći rizik za pojavu alkoholizma. Škola i obitelj u zajedničkoj suradnji mogu organizirati brojne edukativno - preventivne aktivnosti te na takav način utjecati na percepciju mlađih o štetnosti konzumacije alkohola. Svaki od programa treba sadržavati tri osnovna cilja, a to su: smanjenje motivacije mlađih osoba za eksperimentiranjem opojnih sredstava, povećanje osobne kompetentnosti i uvježbavanje aktivnog odupiranja mlađih osoba pritisku vršnjaka.

Svetislav Joka, dipl. psih, spec.klin.psih

Zavod za javno zdravstvo Krapinsko – zagorske županije

Odsjek za zaštitu mentalnog zdravlja i prevenciju ovisnosti

Zivtov trg 3, 49210 Zabok

Svetislav Joka zaposlen je u ZZJKZŽ od 2011.g. Radi poslove psihologa u Odsjeku za zaštitu mentalnog zdravlja i prevenciju ovisnosti. U sklopu savjetovališta za mentalno zdravlje Zavoda za javno zdravstvo KZŽ provodi se dijagnostika, savjetodavni tretman djece, mlađih i odraslih koji imaju poteškoća s mentalnim zdravljem. U savjetovalište se dolazi po prethodnom dogовору bez liječničke uputnice, a sve usluge su besplatne.

Članak je napisan u okviru projekta "Bez promila" koji je financiran sredstvima Nacionalnog plana sigurnosti cestovnog prometa, kojeg je nositelj Ministarstvo unutarnjih poslova.



# Is eSport a real sport or just a bunch of screenplayers?

Whoever has played a videogame can understand the competitiveness of the situation. You want to win and it does not matter if you are playing against the AI or with a friend online or next to you. You want to win. The competitive side of the videogames has been in development for the last two decades. Especially in the last 15 years, we have witnessed a new era of the videogames: more focus on the competitive side of the world (FIFA, NBA 2K, NFL Madden, LoL, Dota, and CS are a few examples of it) and with the new public watching it, especially young people who follow simultaneity both e-sports and sports. The average person who follows e-sports is not a diehard fan of videogames, but a mainstream person who follows traditional e-sports and sports similarly.

Between the new competitions created around e-sports and the introduction of people who are familiar with sports, the debate about e-sports being a “real sport” is not new but it was shaped when people from outside started to appreciate the competitive nature of video games.

By definition, the sport requires a physical activity or at least the shape (both mental and physical) to be able to practice it. That second appendix opens the possibility to include into the sports group different sports like archery, equestrian, shooting, motorsports or even chess. But not e-sports. The reason why: looks like the videogame (for some) does not include any physical tool requirement to play it. However, is it true?

Let us think about it one second. When you play against somewhere else in video games and he or she is better than you, why is that person better than you? Maybe because that person knows how to play, better, faster, has better mental shape or even better eye-hand coordination. So, to be good at video games (in a competitive way) requires being shape-specific.



Indeed, it is not an amazing one, but enough coordination is required, for example. Other sports do not need good shape either, but to practice them you should have hand-eye coordination or mental strengths.

Some people have the point that Archery is a sport because it requires some special ability, competitive video games should be a sport too. Typing 4 letters fast and moving the mouse is not an amazing skill. Doing it, while you are analyzing the game and objectives, controlling your champion, and counting cooldowns of the abilities of your team and the rival, looks more complicated. We can do the same analysis for any sport. For example, in football, shooting a ball, passing, dribbling and running is not too complicated. Doing it, at the same time, trying to score a goal, or prevent a score, applying some tactics and analysing the match's tempo. Looks way more complicated.

So, if the physical part is already set up, we should consider competitive games a sport. But people still hesitate to call it a sport for one reason: real-life implications.

When you crash in an F1 game, you lose the race. The competition ends and you fail. But does not have any real implications. You can play another race. Nothing happens to you. Nevertheless, when a real F1

car crash there are real consequences. Money is lost, and reparations are taking over the track. In the worst-case scenario, the driver could die.

Competitive games require your skills, both mental and physical, but not real implications. It is nearly impossible to get injured in an e-sports game. At this point, we have strong points in favour and against the main topic

## New investments and perspectives

The importance gained by e-sports in the last years put video games on the investment watch list. Several brands, for example, Adidas, Volkswagen, Nestle and the Saudi Arabian Olympic Committee. The last one in collaboration with Saudi Arabia's Public Investment Fund created the Esports World Cup whose first edition took place in Riyadh last summer and included 22 different videogames.

Witnessing the importance gained by virtual games, the IOC -with the approval and money of the Saudi Arabian Olympic Committee- approved this July to create a New Olympic Games called "Olympic Esports Series" which will be held in Saudi Arabia in 2025. The event will be like the Olympic Games but with 'virtual games and sports' on an annual basis. The IOC does not want to call it a sport, but day-to-day is gaining more importance worldwide.

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Image from [Roman Kosolapov](#)





# Review of “The Substance”

This horror/gore film was released at the Cannes Festival 2024 and is perfect for Halloween, but not for everybody.

DISCLAIMER: This film is +18

“The Substance” was written, directed and produced by Coralie Fargeat, who received the award for best screenplay at this year's Cannes Film Festival.

The story is about a fallen film star, Elisabeth Sparkle, played by Demi Moore, who loses the last job she has left on television because she is ‘too old’. After hospitalization, she is offered ‘the substance’ by a mysterious nurse, an injection that gives her another version of herself, but younger, prettier and generally improved, called Sue, played by Margaret Qualley. All she has to do is split the time, 7 days Elisabeth, 7 days Sue. Everything is fine until, despite being the same person, the two versions start to hate each other, and Sue, whose fame and success start to increase, does everything she can to try to stay as long as possible in that body, which causes Elisabeth to start ageing by leaps and bounds. It all ends in disaster for both of them.

The first thing that stands out in this film is the gore and grotesque scenes, which are not for all audiences. But, if you look beyond that, these horrifying images are used to show the reality that many women go through, whether it's weight, body composition, facial features or simply getting older. Demi Moore has been a good casting choice precisely because this actress has suffered in real life from being forgotten simply because she is of a certain age, and she has had cosmetic touch-ups that made her unrecognizable.

Shot from The Substance

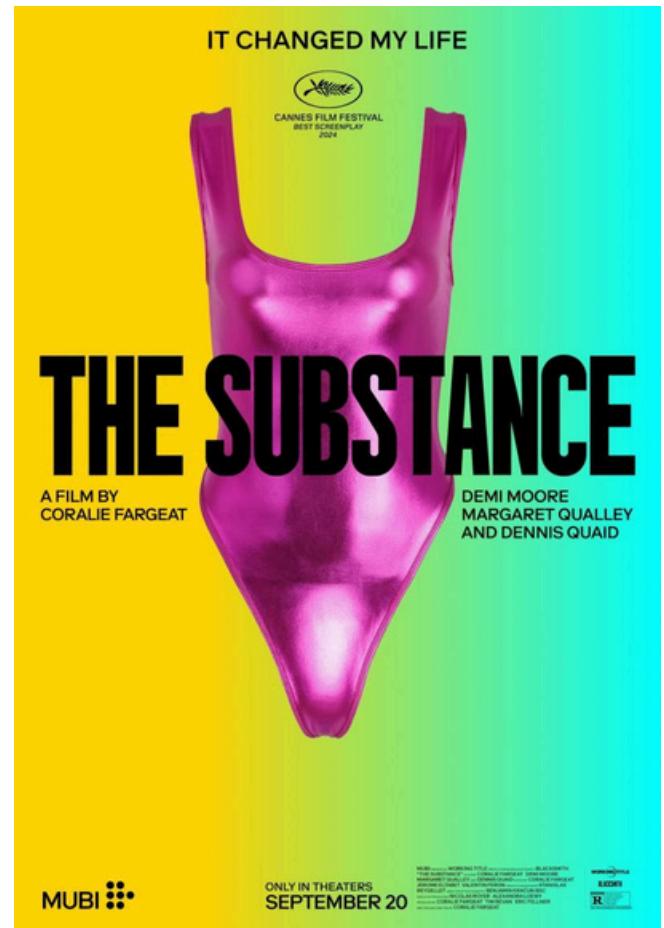


Image by Working Title

On the other hand, it is also interesting to point out the two myths that can be seen reflected in the story: Faust and the Doppelganger. The first one tells the story of a man who pacts infinity of knowledge and pleasures with the devil and ends very badly; the Doppelganger is in essence the double as an ‘evil twin’. These elements can be identified, and the moral, as in Faust, is that one should not defy the rules of nature.

Overall, it is a very interesting and critical approach to the world we live in, perhaps the only drawback is the predictability of the ending, which borders on cliché.

Rating:



By Carmen Sanz



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